



Do you have a preteen or teen? Protect them against serious diseases!

Signing your kids up for sports, planning summer vacation, registering for school ... so many things on the to do list. Did you know that you also need to take your preteens and teens to get shots?

As they get older, kids are at increased risk for some infections. Plus, the protection provided by some of the childhood vaccines begins to wear off, so kids need a booster dose. Vaccine-preventable diseases are still real. The vaccines for preteens and teens can help protect your kids, as well as their friends, community and other family members.

There are four recommended vaccines that children should get when they are 11 or 12 years old. If you have a teen, they'll need a booster dose of one of the shots. Plus, it's not too late to get any shots that they may have missed. You can use any healthcare visit, including sports physicals or some sick visits, to get the shots your kids need. The vaccines for preteens and teens are:

- **HPV vaccine for both boys and girls**, which protects against the types of human papilloma virus that cause cancer. HPV can cause cancers of the cervix, vulva and vagina in women and cancers of the penis in men. In both women and men, HPV also causes mouth/throat cancer, anal cancer and genital warts.
- **Tdap vaccine**, which is a booster against tetanus, diphtheria, and pertussis. Pertussis, or whooping cough, can keep kids out of school and activities for weeks. It can also be spread to babies, which can be very dangerous and sometimes deadly.
- **Meningococcal vaccine**, which protects against meningococcal disease. Meningococcal disease is caused by bacteria and is a leading cause of bacterial meningitis—a serious infection of the brain and spinal cord.
- **Influenza (flu) vaccine**, because even healthy kids can get the flu, and it can be serious. All kids, including your preteens and teens, should get the flu vaccine every year.

For more information about preteen and teen vaccines, consult your physician or Waukesha County Public Health Division at 262-896-8430. For information on Waukesha County Public Health Division Immunizations Clinics go to: www.waukeshacounty.gov/immunizations .